

Skills for Living

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Topic 12-3

Nutritional Need Changes

- In this topic, you will study the nutritional need changes of people in different stages of life, as well as
 - ❖ Needs of pregnant women and infants
 - ❖ Needs of children and teens
 - ❖ Sports nutrition
 - ❖ Needs of adults
 - ❖ Nutrition needs of people who are ill

Nutritional Need Changes

Objectives for Topic 12-3

After studying this topic, you will be able to

- identify dietary needs of people in different stages of life
- describe special nutrient needs of athletes
- explain how some diseases can be related to diet

Topic 12-3 Terms

- ❖ vegetarian diet
- ❖ dehydration
- ❖ food allergies
- ❖ food intolerance
- ❖ lactose intolerance

Needs of Pregnant Women and Infants

- Pregnant women must eat food that will supply nutrients for their unborn babies



Nutrition Before Birth

- An unborn child gets nutrients through the mother
- Pregnant women need to make few dietary changes during pregnancy
 - ❖ Two to three servings from the milk group
 - ❖ Two added servings from grain group
 - ❖ One extra serving of both fruits and vegetables

Nutrition in Infancy

- Sets a foundation for life
 - ❖ Breast milk or formula meets all early nutrient needs
 - ❖ Juice can be given for vitamin C after six months of age
 - ❖ Cereal can be introduced at about four months of age; other solid foods are introduced gradually



Needs of Children and Teens

- As children grow, their
 - ❖ nutritional needs change
 - ❖ food preferences change

Nutrition During the Preschool Years

- Children need larger proportion of nutrients than adults to support growth
- Snacks are an important supplement to meals
- Adults should encourage good nutrition



Nutrition During the Early School Years



- Nutritious breakfasts are important for students
- Good nutrition and eating habits should be encouraged in the cafeteria

Nutrition During the Teen Years

- Teens often
 - ❖ skip meals due to busy schedules
 - ❖ select snacks that are high in fat and sugars
- Teens need nutrients for
 - ❖ growth and maintenance
 - ❖ meeting energy needs



Special Needs of Vegetarians

- A *vegetarian diet* is a pattern of eating that is made up largely or entirely of foods from plant sources
 - ❖ *Vegans* consume no foods of animal origin
 - ❖ *Lacto vegetarians* consume no food of animal origin except dairy products
 - ❖ *Ovo vegetarians* consume no food of animal origin except eggs
 - ❖ *Lacto-ovo vegetarians* consume no food of animal origin except eggs and dairy products

Sports Nutrition

- Athletes should follow the same dietary guidelines suggested for healthy people, plus
 - ❖ increase daily calorie intake
 - ❖ eat plenty of iron-rich foods
 - ❖ meet daily calcium needs
 - ❖ drink plenty of fluids

Increase Daily Calorie Intake

- Athletes need extra calories to fuel high levels of activity
- For best performance, calories should come from
 - ❖ complex carbohydrates (65–75%)
 - ❖ fat (20–25%)
 - ❖ protein (5–10%)
- Eating a small meal 3–4 hours before a workout or competition will provide needed energy

Drink Plenty of Fluids

- Athletes lose a lot of water through sweating
 - ❖ Drinking fluids during activity helps prevent *dehydration*, or an abnormal loss of body fluids



Eat Plenty of Iron-Rich Foods

- Iron helps the blood carry needed oxygen to muscles during physical activity
- Good sources of iron are
 - ❖ lean meats
 - ❖ leafy green vegetables
 - ❖ enriched whole grain bread

Meet Daily Calcium Needs

- Calcium helps build strong bones that are more resistant to stress fractures
 - ❖ It is especially important for female athletes to meet the daily calcium requirements
- Good sources of calcium are
 - ❖ dairy products
 - ❖ leafy green vegetables

Supplements

- *Anabolic steroids* are powerful but dangerous drugs taken to boost athletic performance
- Steroids should not be used because they can cause
 - ❖ high blood pressure
 - ❖ heart disease
 - ❖ liver damage
 - ❖ stunted growth in adolescents

Needs of Adults



- Adults need fewer calories because their
 - ❖ bodies have reached physical maturity
 - ❖ metabolism slows
- Need for nutrients does not lessen

Nutrition for Older Adults

- Fewer calories needed for less activity
- Nutrient needs remain about the same
- Increased need for calcium
- Physical changes may cause a need for
 - ❖ softer, easier-to-chew foods
 - ❖ mild foods

Nutrition Needs of People Who Are Ill

- Depending on the illness, people who are sick may need
 - ❖ more water to replace lost fluids
 - ❖ more protein
 - ❖ more vitamins and minerals
 - ❖ limited sugar intakes
 - ❖ a medical diet

Food Allergies

- ***Food allergies*** are abnormal reactions of a body's immune system to a particular food
 - ❖ Symptoms usually come on quickly and can range from nausea to rashes, shortness of breath, or even death
- Milk, eggs, wheat, and corn are some of the most common foods causing allergic reactions

Did You Know...



- To avoid inhalation or a skin contact reaction, people with severe peanut allergies are advised *not* to fly on airlines that serve peanut snacks

Source: The Food Allergy and Anaphylaxis Network

Food Intolerances

- ***Food intolerance*** is an adverse reaction to the consumption of certain foods
 - ❖ Symptoms appear slowly and include upset stomach, minor headaches, and loss of sleep
- ***Lactose intolerance*** is a form of food intolerance in which the body is unable to digest dairy products that contain lactose

High Blood Pressure

- *Blood pressure* is the force of blood pushing against the walls of the arteries
- High blood pressure can cause arteries to harden, leading to a heart attack or stroke
 - ❖ Weight loss, physical activity, and a healthful diet can help prevent and control high blood pressure

Diabetes

- If a person has diabetes, the body's production of insulin is limited, or body cells do not respond properly to insulin
- People with diabetes must
 - ❖ monitor their blood glucose level
 - ❖ control their sugar intake
 - ❖ control their weight and exercise regularly
 - ❖ receive insulin, if needed

Osteoporosis

- Osteoporosis is a disease that weakens bones, often causing severe fractures
 - ❖ It is caused by calcium depletion
 - ❖ It primarily affects people over age 50, mostly women
- A diet rich in calcium and vitamin D can slow bone loss

Cancer

- *Cancer* is a disease in which abnormal cells divide uncontrollably and invade other body tissues
- To help reduce your risk, the American Cancer Society recommends
 - ❖ eating a healthy diet
 - ❖ using alcohol in moderation, or not at all
 - ❖ staying active and maintaining a healthy weight

Summary for Topic 12-3

- Dietary needs vary at different stages of life
- During childhood and teen years, people have increased needs for some nutrients to support rapid growth
- As people reach adulthood, their need for nutrients remains high, but their calorie needs decrease
- People who are ill usually have additional nutrient needs